

DAILY PRAYER IN ASCENSIONTIDE  
WALTHAM GROUP CHURCHES

# 10 DAYS OF PRAYER

## Welcome

You are invited to pray with the whole church for 10 Days, between Ascension and Pentecost: 21 – 31 May, 2020.

In the Waltham Group, we are praying 'together' from our separate houses at 8.30 am and 5 pm.

You can join us then, knowing that you are praying with your own church community, or whenever it is possible for you.

We will be live-streaming Daily Prayer on the church Facebook Account: [facebook.com/walthamgroupchurches](https://facebook.com/walthamgroupchurches)

The service online will begin with 10 minutes of silence, so don't worry if you 'arrive' and it seems quiet. The silences will be from 8.25-8.35 am, and from 4.55 – 5.05 pm.

## A note on Daily Prayer

The rhythms of Daily Prayer are right at the heart of Anglicanism. When Thomas Cranmer was re-shaping the prayers of the church, he took 'offices' (patterns of prayer throughout the day) that were used in the monasteries, and simplified them so that they could be shared by all.

At this time that we are separated from the Eucharist by the restrictions of lock-down, Daily Prayer is a way to pattern our lives so that we can pray with others, wherever they are, knowing that we do this together as the body of Christ.

# MORNING PRAYER

## Preparation

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

Send your Holy Spirit upon us  
**and clothe us with power from on high. Alleluia.**

Blessed are you, Creator God,  
to you be praise and glory for ever.  
As your Spirit moved over the face of the waters  
bringing light and life to your creation,  
pour out your Spirit on us today  
that we may walk as children of light  
and by your grace reveal your presence.

Blessed be God, Father, Son and Holy Spirit  
**Blessed be God forever.**

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*silence*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you,  
now and forever.

**Amen.**

# The Word of God

## Psalmody

*One or more of the following, or another psalm is said.*

*It is customary to pause and draw breath at the ♦ and to carry on without pause between verses.*

## Psalm 46

1. God is our refuge and strength, ♦  
a very present help in trouble;
2. Therefore we will not fear, though the earth be moved, ♦  
and though the mountains tremble in the heart of the sea;
3. Though the waters rage and swell, ♦  
and though the mountains quake at the towering seas.
4. There is a river whose streams make glad the city of God, ♦  
the holy place of the dwelling of the Most High.
5. God is in the midst of her;  
therefore shall she not be removed; ♦  
God shall help her at the break of day.
6. The nations are in uproar and the kingdoms are shaken, ♦  
but God utters his voice and the earth shall melt away.
7. The Lord of hosts is with us; ♦  
the God of Jacob is our stronghold.
8. Come and behold the works of the Lord, ♦  
what destruction he has wrought upon the earth.
9. He makes wars to cease in all the world; ♦  
he shatters the bow and snaps the spear  
and burns the chariots in the fire.
10. 'Be still, and know that I am God;  
I will be exalted among the nations;  
I will be exalted in the earth.'

11. The Lord of hosts is with us; ♦  
the God of Jacob is our stronghold.

*God of Jacob,  
when the earth shakes  
and the nations are in uproar,  
speak, and let the storm be still;  
through Jesus Christ our Lord.*

## Psalm 98

1. Sing to the Lord a new song, ♦  
for he has done marvellous things.
2. His own right hand and his holy arm ♦  
have won for him the victory.
3. The Lord has made known his salvation; ♦  
his deliverance has he openly shown  
in the sight of the nations.
4. He has remembered his mercy and faithfulness  
towards the house of Israel, ♦  
and all the ends of the earth have seen the salvation of our God.
5. Sound praises to the Lord, all the earth; ♦  
break into singing and make music.
6. Make music to the Lord with the lyre, ♦  
with the lyre and the voice of melody.
7. With trumpets and the sound of the horn ♦  
sound praises before the Lord, the King.
8. Let the sea thunder, and all that fills it, ♦  
the world and all that dwell upon it.
9. Let the rivers clap their hands ♦  
and let the hills ring out together before the Lord.
10. In righteousness he shall judge the earth ♦  
and the people with equity.

*Lord God, just and true,  
you make your salvation known in the sight of the nations;  
tune the song of our hearts to the music of creation  
as you come among us to judge the earth;  
through our Saviour Jesus Christ.*

## **Psalm 147.13 - end**

13. Sing Praises to the Lord, O Jerusalem; ♦  
praise your God, O Zion;
14. For he has strengthened the bars of your gates ♦  
and has blest your children within you.
15. He has established peace in your borders ♦  
and satisfies you with the finest wheat.
16. He sends forth his command to the earth ♦  
and his word runs very swiftly.
17. He gives snow like wool <sup>a</sup>  
and scatters hoarfrost like ashes.
18. He casts down his hailstones like morsels of bread; ♦  
who can endure his frost?
19. He sends forth his word and melts them; <sup>a</sup>  
he blows with his wind and the waters flow.
20. He declares his word to Jacob, ♦  
his statutes and judgements to Israel.
21. He has not dealt so with any other nation ♦  
they do not know his laws. Alleluia.

*Compassionate God,  
as you know each star you have created,  
so you know the secrets of every heart;  
in your loving mercy bring to your table  
all who are fearful and broken,  
all who are wounded and needy,*

*that our hungers may be satisfied by the city of your peace;  
through Christ who is our peace.*

*The psalm(s) may end with:*

**Glory to the father, and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now and shall be forever. Amen.**

*If there are two scripture readings, the first may be read here or after the canticle.*

## **Canticle**

**The spirit of God fills the whole earth. Alleluia.**

1. I will take you from the nations,  
and gather you from all the countries.
2. I will sprinkle clean water upon you,  
and you shall be clean from all your uncleanness.
3. A new heart I will give you.  
and put a new spirit within you,
4. And I will remove from your body the heart of stone  
and give you a heart of flesh.
5. You shall be my people,  
and I will be your God.

Ezekiel 36.24-26, 28b

**Glory to the father, and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now and shall be forever. Amen.**

**The spirit of God fills the whole earth. Alleluia.**

## Scripture Reading

*One or more of the following are read. Alternatively, the readings may follow the pattern of the Revised Common Lectionary.*

### Isaiah 40.28 - end

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

### John 7.37-39a

On the last day of the festival, the great day, while Jesus was standing there, he cried out, 'Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, "Out of the believer's heart shall flow rivers of living water.'" Now he said this about the Spirit, which believers in him were to receive.

### I Corinthians 12.4-7

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good.

*The readings may be followed by a time of silence.*

Come, Holy Spirit, fill the hearts of your people,  
**and kindle in us the fire of your love.**

All who are led by the Spirit of God  
are children of God, and fellow heirs with Christ.  
**Come, Holy Spirit, fill the hearts of your people.**



Renew the face of your creation, Lord,  
pouring on us the gifts of your Spirit.  
**and kindle in us the fire of your love.**

For the creation waits with eager longing  
for the glorious liberty of the Children of God.  
**Come, Holy Spirit, fill the hearts of your people,  
and kindle in us the fire of your love.**

cf. Romans 8

## Gospel Canticle: The Benedictus

**Christ has gone up on high  
and has led captivity captive. Alleluia.**

1. Blessed be the Lord the God of Israel,  
who has come to his people and set them free.
2. He has raised up for us a mighty Saviour,  
born of the house of his servant David.
3. Through his holy prophets God promised of old  
to save us from our enemies, from the hands of all that hate us,
4. To show mercy to our ancestors,  
and to remember his holy covenant.
5. This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,
6. Free to worship him without fear,  
holy and righteous in his sight all the days of our life.
7. And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare his way,
8. To give his people knowledge of salvation  
by the forgiveness of all their sins.
9. In the tender compassion of our God  
the dawn from on high shall break upon us,

10. To shine on those who dwell in darkness  
and the shadow of death,  
and to guide our feet into the way of peace.

Luke 1.68-79

**Glory to the father, and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now and shall be forever. Amen.**

**Christ has gone up on high  
and has led captivity captive. Alleluia.**

## Prayers

*Prayers may be offered for the day and its tasks, the world and its needs,  
and for the life of the church. Or, there may be a time of silence.*

*One of the following collects is said:*

Almighty God,  
your ascended Son has sent us into the world  
to preach the good news of your kingdom:  
inspire us with your Spirit  
and fill our hearts with the fire of your love,  
that all who hear your Word  
may be drawn to you,  
through Jesus Christ our Lord.  
**Amen.**

*or:*

O God the King of glory,  
you have exalted your only Son Jesus Christ  
with great triumph to your kingdom in heaven:  
we beseech you, leave us not comfortless,  
but send your Holy Spirit to strengthen us  
and exalt us to the place where our Saviour Christ  
is gone before,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
**Amen.**

*The Lord's Prayer is said.*

Being made one by the power of the Spirit,  
let us pray with confidence as our Saviour has taught us.

**Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven,  
give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil,  
for thine is the kingdom, the power and the glory,  
for ever and ever. Amen.**

## Conclusion

May the Spirit kindle in us the fire of God's love.

**Amen.**

Let us bless the Lord. Alleluia, alleluia.

**Thanks be to God. Alleluia, alleluia.**

# EVENING PRAYER

## Preparation

O God, make speed to save us.

**O Lord, make haste to help us.**

Send your Holy Spirit upon us,

**and clothe us with power from on high. Alleluia.**

1. Bless the Lord, O my soul.  
O Lord my God, how excellent is your greatness!
2. You are clothed with majesty and honour,  
wrapped in light as in a garment.
3. The sun knows the time for its setting.  
You make darkness that it may be night.
4. O Lord, how manifold are your works!  
In wisdom you have made them all;  
the earth is full of your creatures.
5. When you send forth your spirit, they are created,  
and you renew the face of the earth.
6. May the glory of the Lord endure for ever;  
may the Lord rejoice in his works;
7. I will sing to the Lord as long as I live;  
I will make music to my God while I have my being.

from Psalm 104

**Glory to the father, and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now and shall be forever. Amen.**

That this evening may be holy, good and peaceful,  
let us pray with one heart and mind.

## *silence*

As our evening prayer rises before you, O God,  
so may your mercy come down upon us  
to cleanse our hearts  
and set us free to sing your praise  
now and for ever.

**Amen.**

## The Word of God

### Psalmody

*One or more of the following, or another psalm is said.*

*It is customary to pause and draw breath at the ♦ and to carry on without pause between verses.*

### Psalm 48

1. Great is the Lord and highly to be praised, ♦  
in the city of our God.
2. His holy mountain is fair and lifted high, ♦  
the joy of all the earth.
3. On Mount Zion, the divine dwelling place, ♦  
stands the city of the great king.
4. In her palaces God has shown himself ♦  
to be a sure refuge.
5. For behold, the kings of the earth assembled ♦  
and swept forward together.
6. They saw, and were dumbfounded; ♦  
dismayed, they fled in terror.
7. Trembling seized them there;  
they writhed like a woman in labour, ♦  
as when the east wind shatters the ships of Tarshish.

8. As we had heard, so have we seen  
in the city of the Lord of hosts, the city of our God: ♦  
God has established her for ever.
9. We have waited on your loving-kindness, O God, ♦  
in the midst of your temple.
10. As with your name, O God,  
so your praise reaches to the ends of the earth; ♦  
your right hand is full of justice.
11. Let Mount Zion rejoice and the daughters of Judah be glad, ♦  
because of your judgements, O Lord.
12. Walk about Zion and go round about her;  
count all her towers; ♦  
consider well her bulwarks; pass through her citadels,
13. That you may tell those who come after  
that such is our God for ever and ever. ♦  
It is he that shall be our guide for evermore.

*Father of lights,  
raise us with Christ to your eternal city,  
that, with kings and nations,  
we may wait in the midst of your temple  
and see your glory for ever and ever.*

## Psalm 84

1. How lovely is your dwelling place, O Lord of hosts! ♦  
My soul has a desire and longing to enter the courts of the Lord;  
my heart and my flesh rejoice in the living God.
2. The sparrow has found her a house  
and the swallow a nest where she may lay her young: ♦  
at your altars, O lord of hosts, my King and my God.
3. Blessed are they who dwell in your house: ♦  
they will always be praising you.

4. Blessed are those whose strength is in you, ♦  
in whose heart are the highways to Zion.
5. Who going through the barren valley find there a spring, ♦  
and the early rains will clothe it with blessing.
6. They will go from strength to strength ♦  
and appear before God in Zion.
7. O Lord God of hosts, hear my prayer; ♦  
listen, O God of Jacob.
8. Behold our defender, O God, ♦  
and look upon the face of your anointed.
9. For one day in your courts ♦  
is better than a thousand.
10. I would rather be a doorkeeper in the house of my God ♦  
than dwell in the tents of ungodliness.
11. For the Lord God is both sun and shield;  
he will give grace and glory: ♦  
no good thing shall the Lord withhold  
from those who walk with integrity.
12. O Lord God of hosts, ♦  
blessed are those who put their trust in you.

*Lord God,  
sustain us in this vale of tears,  
with the vision of your grace and glory,  
that, strengthened by the bread of life,  
we may come to your eternal dwelling place;  
in the power of Jesus Christ our Lord.*

## Psalm 139.1-11

1. O Lord, you have searched me out and known me; ♦  
you know my sitting down and my rising up;  
you discern my thoughts from afar.



2. You mark out my journeys and my resting place ♦  
and are acquainted with all my ways.
3. For there is not a word on my tongue,  
but you, O Lord, know it altogether.
4. You encompass me behind and before ♦  
and lay your hand on me.
5. Such knowledge is too wonderful for me, ♦  
so high that I cannot attain it.
6. Where can I go then from your spirit? ♦  
Or where can I flee from your presence?
7. If I climb up to heaven you are there; ♦  
if I make the grave my bed you are there also.
8. If I take the wings of the morning ♦  
and dwell in the uttermost parts of the sea,
9. Even there your hand shall lead me, ♦  
your right hand hold me fast.
10. If I say, 'Surely the darkness will cover me ♦  
and the light around me turn to night,'
11. Even darkness is not darkness with you;  
the night is as clear as the day; ♦  
darkness and light to you are both alike.

*Creator God,  
may every breath we take be for your glory,  
may every footstep show you as our way,  
that, trusting in your presence in this world,  
we may, beyond this life, still be with you,  
where you live and reign  
now and forever.*

*The psalm(s) may end with:*

**Glory to the father, and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now and shall be forever. Amen.**

*If there are two scripture readings, the first may be read here or after the canticle.*

## Canticle

**The Spirit of the Father,  
who raised Christ Jesus from the dead,  
gives life to the people of God. Alleluia.**

1. The law of the Spirit of life in Christ Jesus  
has set us free from the law of sin and death.
2. All who are led by the Spirit of God are children of God;  
for we have received the Spirit that enables us to cry,  
'Abba, Father'.
3. The Spirit himself bears witness that we are children of God  
and if God's children, then heirs of God;
4. If heirs of God, then fellow-heirs with Christ;  
since we suffer with him now,  
that we may be glorified with him.
5. These sufferings that we now endure  
are not worth comparing to the glory that shall be revealed.
6. For the creation waits with eager longing  
for the revealing of the children of God.

cf. Romans 8

**Glory to the father, and to the Son  
and to the Holy Spirit,**

**as it was in the beginning,  
is now and shall be forever. Amen.**

**The Spirit of the Father,  
who raised Christ Jesus from the dead,  
gives life to the people of God. Alleluia.**

## **Scripture Reading(s)**

*One or more of the following are read. Alternatively, the readings may follow the pattern of the Revised Common Lectionary.*

### **2 Corinthians 3.17-18**

The Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.

### **Joel 2.28-29**

I will pour out my spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, and your young men shall

see visions. Even on the male and female slaves, in those days, I will pour out my spirit.

### **Matthew 28.16-end**

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey

everything that I have commanded you. And remember, I am with you always, to the end of the age.'

*The following responsory may be said:*

When you send forth your Spirit, we are created,  
you renew the face of the earth.

**When you send forth your Spirit, we are created,  
you renew the face of the earth.**

O Lord, how manifold are your works;  
in wisdom you have made them all.

**You renew the face of the earth.**

Glory to the Father, and to the Son  
and to the Holy Spirit.

**When you send forth your Spirit, we are created,  
you renew the face of the earth.**

from Psalm 104

## Gospel Canticle: The Magnificat

**How excellent is your name in all the world,  
you have set your glory above the heavens. Alleluia.**

1. My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour;  
he has looked with favour on his lowly servant.
2. From this day all generations will call me blessed;  
the Almighty has done great things for me  
and holy is his name.
3. He has mercy on those who fear him,  
from generation to generation.
4. He has shown strength with his arm  
and has scattered the proud in their conceit,

5. Casting down the mighty from their thrones  
and lifting up the lowly.
6. He has filled the hungry with good things  
and sent the rich away empty.
7. He has come to the aid of his servant Israel,  
to remember his promise of mercy,
8. The promise made to our ancestors,  
to Abraham and his children for ever.

**Glory to the father, and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now and shall be forever. Amen.**

**How excellent is your name in all the world,  
you have set your glory above the heavens. Alleluia.**

## Prayers

*Prayers of intercession and thanksgiving may be offered. Or there may be  
a time of silence. The prayers conclude with one of the collects:*

Almighty God,  
your ascended Son has sent us into the world  
to preach the good news of your kingdom:  
inspire us with your Spirit  
and fill our hearts with the fire of your love,  
that all who hear your Word  
may be drawn to you,  
through Jesus Christ our Lord.  
**Amen.**

O God the King of glory,  
you have exalted your only Son Jesus Christ  
with great triumph to your kingdom in heaven:  
we beseech you, leave us not comfortless,  
but send your Holy Spirit to strengthen us  
and exalt us to the place where our Saviour Christ  
is gone before,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Amen.**

Come, O Spirit of God,  
and make within us your dwelling place and home.  
May our darkness be dispelled by your light,  
and our troubles calmed by your peace;  
may all evil be redeemed by your love,  
all pain transformed through the suffering of Christ,  
and all dying glorified in his risen life.

**Amen.**

*The Lord's Prayer is said:*

Being made one by the power of the Spirit,  
let us pray with confidence as our Saviour has taught us:

**Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven,  
give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil,**

for thine is the kingdom, the power and the glory,  
for ever and ever. Amen.

## The Conclusion

May the Spirit kindle in us the fire of God's love.  
**Amen.**

Let us bless the Lord. Alleluia, alleluia.  
**Thanks be to God. Alleluia, alleluia.**

*If you have enjoyed praying the Daily Office, and would like to continue to do so, you can order a copy of Common Worship: Morning and Evening Prayer from:*

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